

TAEGEUK 1,2,3,4,5,6,7,8 STEP BY STEP FOR EACH OF THEM, KUKKIWON

Certainly! Here is a **step-by-step guide** for each of the Kukkiwon-approved Taegeuk poomsae (forms) in Taekwondo: Taegeuk 1 (Il Jang) through Taegeuk 8 (Pal Jang). Each of these forms is a sequence of movements that combine basic stances, blocks, strikes, and kicks. They are required for belt progression in Kukkiwon-style Taekwondo.

General Notes

- **Ready Position:** Start in "joonbi" (ready stance).
- **Direction:** Each form is performed on a "three-line" (three-directional) floor pattern, resembling the Chinese character for "king" (王).
- **Terminology:**
 - Ap Seogi: Walking stance
 - Ap Kubi: Front stance
 - Dwi Kubi: Back stance
 - Momtong: Middle section
 - Arae: Low section
 - Eolgul: High section
 - Makki: Block
 - Jireugi: Punch
 - Chagi: Kick

TAEGEUK 1 (IL JANG)

Symbol: Heaven (Keon)

Philosophy: Beginning, creation

Step-by-Step:

1. **Ready position:** Joonbi
2. Left foot steps left into left walking stance, left low block (arae makki)
3. Right foot steps forward into right walking stance, right middle punch (momtong jireugi)
4. Turn 180° to the right, right walking stance, right low block
5. Left foot steps forward, left walking stance, left middle punch

6. Turn left 90°, left walking stance, left low block
7. Right foot steps forward, right walking stance, right middle punch
8. Turn left 90°, left walking stance, left low block
9. Right foot steps forward, right walking stance, right middle punch
10. Turn right 90°, right walking stance, right low block
11. Left foot steps forward, left walking stance, left middle punch
12. Turn left 90°, left walking stance, left low block
13. Right foot steps forward, right walking stance, right middle punch
14. Turn right 90°, right walking stance, right low block
15. Left foot steps forward, left walking stance, left middle punch
16. Return to joonbi

TAEGEUK 2 (YI JANG)

Symbol: Lake (Tae)

Philosophy: Joyfulness

Step-by-Step:

1. Joonbi
2. Left foot left, left walking stance, left inside middle block (an makki)
3. Right foot forward, right walking stance, right middle punch
4. Turn right 180°, right walking stance, right inside middle block
5. Left foot forward, left walking stance, left middle punch
6. Turn left 90°, left walking stance, left low block
7. Right foot forward, right walking stance, right low block
8. Left foot forward, left walking stance, left low block
9. Turn right 90°, right walking stance, right inside middle block
10. Left foot forward, left walking stance, left middle punch
11. Turn left 90°, left walking stance, left low block
12. Right foot forward, right walking stance, right middle punch
13. Turn left 90°, left walking stance, left inside middle block
14. Right foot forward, right walking stance, right middle punch
15. Return to joonbi

TAEGEUK 3 (SAM JANG)

Symbol: Fire (Ri)

Philosophy: Passion, brightness

Step-by-Step:

1. Joonbi
2. Left foot left, left front stance, left low block
3. Right foot forward, right front stance, right face block (eolgul makki)
4. Left foot forward, left front stance, left low block
5. Right foot forward, right front stance, right face block
6. Turn right 270°, right front stance, right low block
7. Left foot forward, left front stance, left face block
8. Right foot forward, right front stance, right low block
9. Left foot forward, left front stance, left face block
10. Turn left 90°, left front stance, left low block
11. Right foot forward, right front stance, right face block
12. Turn left 90°, left front stance, left low block
13. Right foot forward, right front stance, right face block
14. Return to joonbi

TAEGEUK 4 (SA JANG)

Symbol: Thunder (Jin)

Philosophy: Greatness, majesty

Step-by-Step:

1. Joonbi
2. Left foot left, left back stance, left knife-hand middle block
3. Right foot forward, right front stance, right middle punch
4. Left foot forward, left back stance, left knife-hand middle block
5. Right foot forward, right front stance, right middle punch
6. Turn right 270°, right back stance, right knife-hand middle block
7. Left foot forward, left front stance, left middle punch
8. Right foot forward, right back stance, right knife-hand middle block
9. Left foot forward, left front stance, left middle punch
10. Turn left 90°, left back stance, left knife-hand middle block
11. Right foot forward, right front stance, right middle punch

12. Turn left 90°, left back stance, left knife-hand middle block
13. Right foot forward, right front stance, right middle punch
14. Return to joonbi

TAEGEUK 5 (OH JANG)

Symbol: Wind (Seon)

Philosophy: Calm and strong

Step-by-Step:

1. Joonbi
2. Left foot left, left front stance, left low block
3. Right foot forward, right front stance, right low block
4. Left foot forward, left front stance, left low block
5. Turn right 270°, right back stance, right inside middle block
6. Left foot forward, left back stance, left inside middle block
7. Right foot forward, right back stance, right inside middle block
8. Turn left 90°, left front stance, left low block
9. Right foot forward, right front stance, right low block
10. Turn left 90°, left back stance, left inside middle block
11. Right foot forward, right back stance, right inside middle block
12. Return to joonbi

TAEGEUK 6 (YUK JANG)

Symbol: Water (Gam)

Philosophy: Flow, adaptability

Step-by-Step:

1. Joonbi
2. Left foot left, left back stance, left double knife-hand block
3. Right foot forward, right front stance, right low block
4. Left foot forward, left back stance, left double knife-hand block
5. Right foot forward, right front stance, right low block
6. Turn right 270°, right back stance, right double knife-hand block
7. Left foot forward, left front stance, left low block
8. Right foot forward, right back stance, right double knife-hand block
9. Left foot forward, left front stance, left low block

10. Turn left 90°, left back stance, left double knife-hand block
11. Right foot forward, right front stance, right low block
12. Return to joonbi

TAEGEUK 7 (CHIL JANG)

Symbol: Mountain (Gan)

Philosophy: Firmness, stillness

Step-by-Step:

1. Joonbi
2. Left foot left, left back stance, left palm block
3. Right foot forward, right front stance, right low block
4. Left foot forward, left back stance, left palm block
5. Right foot forward, right front stance, right low block
6. Turn right 270°, right back stance, right palm block
7. Left foot forward, left front stance, left low block
8. Right foot forward, right back stance, right palm block
9. Left foot forward, left front stance, left low block
10. Turn left 90°, left back stance, left palm block
11. Right foot forward, right front stance, right low block
12. Return to joonbi

TAEGEUK 8 (PAL JANG)

Symbol: Earth (Gon)

Philosophy: Completion, foundation

Step-by-Step:

1. Joonbi
2. Left foot left, left back stance, left double knife-hand block
3. Right foot forward, right front stance, right low block
4. Left foot forward, left back stance, left double knife-hand block
5. Right foot forward, right front stance, right low block
6. Turn right 270°, right back stance, right double knife-hand block
7. Left foot forward, left front stance, left low block
8. Right foot forward, right back stance, right double knife-hand block
9. Left foot forward, left front stance, left low block

10. Turn left 90°, left back stance, left double knife-hand block
11. Right foot forward, right front stance, right low block
12. Return to joonbi

Additional Resources

- **Video Demonstrations:**

- [Kukkiwon Official YouTube Channel](#)

- **Kukkiwon Textbook:**

- "Taekwondo Textbook" by Kukkiwon (available online and in print)

Tip:

The above steps are a simplified outline. Each form has unique techniques, transitions, and sometimes kicks or special blocks. For detailed step-by-step movements (including hand and foot positions), it's best to consult your instructor or official Kukkiwon resources.

If you want a more detailed breakdown for a specific poomsae (including diagrams or video links), let me know which one!